

Wednesday

Bulgarian Split Squats: 4-6, 6-8, 6-8 (RPT)

Leg Extensions: 10-12, 10-12, 10-12 (RPT)

Rack Pulls (below knee): 3 x 6 reps (first set is a light set. Second and Third set is heavy weight)

Standing Calf Raises in Machine: 10-12, 10-12, 10-12 (RPT)

ABS

Hanging Leg Raises: 2 sets of 5-15 reps

Hanging Side to Side Knee Ups: 1 set of max reps

Notes

For bulgarian split squats, perform two warm up sets for 6 reps and 5 reps per leg. The first warm up should be with your bodyweight only. The following warm up set should be with a pair of light dumbbells (10's to 30's per hand). Rest a couple minutes after your warm up.

Your first set should be with a heavy weight that you can do for 4-6 reps. Drop the weight by 10 lbs per hand on each subsequent set. When you can do all three sets for the max number of reps, increase the weight on all sets by 5 lbs per hand.

For leg extensions pick a weight you can do for 10-12 reps. Drop the weight 10% on each subsequent set. When you can do all three sets for 12 reps, increase the weight by 5 lbs the following workout.

For rack pulls, start with a weight that is about 75% of your heavy set. Perform 6 reps. I recommend doing your first light set with both hands pronated. For your second and third set, you want to use a mixed grip since this is stronger. Perform 6 reps on both sets. Aim to add 5 lbs per week on all sets for this exercise.

For standing calf raises in the machine, perform a weight you can do for 10-12 reps. Drop the weight by about 10% on each additional set. When you can do all three sets for the max reps, increase the weight the following workout.

For hanging leg raises, perform them slow and controlled with your legs as straight as possible. Aim to build up to 2 sets of 15 reps. When you can do this, work on bringing your legs all the way up into a V.

For hanging side to side knee ups, do as many reps as possible. If you can do more than 20 reps per side, add a 10-15 lbs dumbbell between your legs.